

DISASTER SUPPLIES KIT

Disasters happen anytime and anywhere. After a disaster, local responders cannot always reach everyone immediately. You could get help in hours, or it may take days. You need to be prepared to cope with the emergency until help arrives.

One way to prepare is by assembling a Disaster Supplies Kit. There are basics that you need to stock in your home: water, food, first aid supplies, tools and emergency supplies and special items.

Keep the items that you would most likely need during an evacuation in an easy-to-carry container such as a backpack or duffel bag – suggested items are marked with an *.

WATER



Store water in plastic containers such as soft drink bottles. A normally active person needs to drink at least 2 quarts of water each day.

- ☐ Store one gallon of water/person/day for drinking, food preparation and hand washing and toilet flushing.
- ☐ Keep at least a three-day supply of drinking water for each person in your home.

FOOD



Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little to no water. If you must heat food, pack a can of sterno and matches or a lighter.

* Include a selection of the following foods in your Disaster Supplies Kit:

- ☐ Ready-to eat canned meats, fruits and vegetables
- ☐ Canned juices, milk, soup (if powdered, store extra water)
- ☐ Staples – sugar, salt, pepper
- ☐ High energy foods – peanut butter, jelly, crackers, granola bars, & trail mix
- ☐ Vitamins
- ☐ Foods for persons on special diets
- ☐ Comfort foods – cookies, hard candy, sweetened cereal, instant coffee, tea bags

SUPPLIES

- ☐ Paper cups, plates and plastic utensils *
- ☐ Battery-operated radio and extra batteries*
- ☐ Flashlight and extra batteries*
- ☐ Cash or traveler's checks, change*
- ☐ Non-electric can opener, utility knife*
- ☐ Plastic storage containers
- ☐ Paper, pencil
- ☐ Whistle (to call for help)
- ☐ Toilet paper, towelettes/hand sanitizer *
- ☐ Soap, liquid detergent *
- ☐ Personal hygiene items *
- ☐ Plastic garbage bags, ties (for personal sanitation)
- ☐ Plastic bucket with tight lid to use as a make-shift toilet
- ☐ Disinfectant



CLOTHING AND BEDDING

*Include at least one complete change of clothing and footwear per person.

- ☐ Sturdy shoes or boots *
- ☐ Rain gear *
- ☐ Blankets or sleeping bags and/or a pillow *
- ☐ Hat and gloves
- ☐ Thermal underwear



SPECIAL ITEMS

- ☐ A written list of ALL of your medicines *
- ☐ Heart and blood pressure medicines *
- ☐ Insulin, syringes and sharps container *
- ☐ Non-prescription medications such as vitamins, Tylenol, etc. *
- ☐ Denture needs *
- ☐ Extra eye glasses *
- ☐ Important Documents in a waterproof, portable container*:
 - ✓ Will, insurance policies, contracts, deeds
 - ✓ Passports, Social Security cards, immunization records
 - ✓ Bank account numbers
 - ✓ Credit card account numbers and companies
 - ✓ Important telephone numbers including doctor, pharmacy & family members
 - ✓ Family records (birth, marriage, death certificates)
- ☐ If you have a pet:
 - ✓ Pet food, bowls, litter, litter box
 - ✓ Name and phone number of veterinarian
 - ✓ Animal licenses, vaccination records
 - ✓ Animal carrier, dog leash





SUGGESTIONS AND REMINDERS

- ✓ Store your Disaster Supplies Kit in a convenient location. Keep a smaller version of your kit in the trunk of your car.
- ✓ Keep items in air-tight plastic bags.
- ✓ Change your stored water supply every six (6) months so it stays fresh (make a note on your calendar so you don't forget).
- ✓ Rotate your stored food every six (6) months.
- ✓ Look at the supplies in your kit every year and change what items need to be changed. Replace batteries, update clothes, etc.
- ✓ Talk with your doctor or pharmacist about how to store your prescription and non-prescription medication.